

Universal Worship Service Readings
“Energy of the Meditator”
January 11, 2026

Hinduism

All is change in the world of the senses, but changeless is the supreme Lord of Love, meditate on him, be absorbed in him, wake up from this dream of separateness....

Know him to be enshrined in your heart always. Truly there is nothing more in life to know. Meditate and realize that this world is filled with the presence of God.

~Shvetashvatara Upanishad 10 & 12

Buddhism

I am the continuation of my parents. I am the continuation of my ancestors. This is very clear. I do not have a separate self. Looking into myself, I can see my father, my mother in every cell of my body. I can see my ancestors in every cell of my body. I can see my country, my people, in every cell of my body. I can see that I am made of many elements that can be described as non-me elements. I am made of non-me elements, and when these elements come together, they produce me. So, I am that. I do not have a separate existence. I do not have a separate self.

This is right view. Seeing reality in this way you are no longer lonely because you are the cosmos. You have this body, but you also have a cosmic body. The whole cosmos can be found in you. You have a cosmic body right here and right now, and you can talk to the cosmos in you. You can talk to your father in you, your mother in you, your ancestors in you. You are made of non-human elements. You are the continuation of parents, ancestors, stars, moon, sun, rivers, mountains. Everything is in you. So, you can talk to them and you know that you are the world. You are the

cosmos. And this can be seen with meditation. When you are concentrated, you begin to see.

~Zen and the Art of Saving the Planet, p. 20-21, Thich Nhat Hahn

Zoroastrianism

Wise One, I realized You as the first and the last, and the patron of good mind, when I grasped You in my vision as the true creator of righteousness and the Lord of life's actions.

I also realized, Wise Lord, that serenity is Yours, and O Creator of the Living World, that wisdom of mind is Yours, which has given the world the choice to go either to a settled person, or to the one who is not.

Lord, one who listens and realizes the truth, becomes a life-healing wise person. He controls his tongue to express the right words when he wills. He, O Wise One, through Your radiant light, proves good to both parties.

~Yasna 31:8-9, 19

Taoism

In harmony with the Tao the sky is clear and spacious, the earth is solid and full. All creatures flourish together, content with the way they are, endlessly repeating themselves, endlessly renewed.

When man interferes with the Tao, the sky becomes filthy, the Earth becomes depleted, the equilibrium crumbles, creatures become extinct.

The Master views the parts with compassion, because he understands the whole. His constant practice is humility. He doesn't glitter like a jewel, but lets himself be shaped by the Tao, as rugged and common as a stone.

~Tao Te Ching 39

Indigenous

(Discussing the phrase “Mitakuye Oyas’in”-All my relations...)

The word *Mitakuye* means relations and *Oyas’in* means more than family, more than a Nation, more than all of humankind...The Earth herself...is our relation, and so is the sky...and so are each of the two-leggeds, the four-leggeds, those that swim, those that fly, the root nation and the crawling beings who share the world with us.

~Chief Arvol Looking Horse (Lakota Spiritual Leader)

The four-leggeds and the wings of the air and the mother earth were supposed to be relative-like. The first thing an Indian learns is to love each other and that they should be relative-like to the four-leggeds. The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers.

~Black Elk (Oglala Lakota Medicine Man)

This concept of life and its relations filled us with the joy and mystery of living; it gave us reverence for all life; it made a place for all things in the scheme of existence with equal importance to all.

~Chief Luther Standing Bear (Oglala Lakota)

Judaism

Love your neighbor as yourself.

~Leviticus 19:18

You shall love the Eternal, your God.

~Deuteronomy 6:5

He has shown you, O man, what is good; and what does the LORD require of you but to do justice, to love kindness, and to walk humbly with your God?

~*Micah 6-8*

Love the stranger as yourself, because you know the feelings of the stranger, having yourself been a stranger in the land of Egypt.

~*Exodus 23:9*

Christianity

Most High, all-powerful, good Lord, Yours are the praises, the glory, the honor, and all blessings.

To You alone, Most High, do they belong, and no man is worthy to mention Your name.

Praised be You, my Lord, with all your creatures; especially Brother Sun, who is the day, and through whom You give us light. And he is beautiful and radiant with great splendor, and bears a likeness to You, Most High One.

Praised be You, my Lord, through Sister Moon and the stars; in heaven You formed them clear and precious and beautiful.

Praised be You, my Lord, through Brother Wind, and through the air, cloudy and serene, and every kind of weather through which You give sustenance to Your creatures.

Praised be You, my Lord, through Sister Water, which is very useful and humble and precious and chaste.

Praised be You, my Lord, through Brother Fire, through whom You light the night; and he is beautiful and playful and robust and strong.

Praised be You, my Lord, through Sister Mother Earth, who sustains us and governs us and who produces varied fruits with colored flowers and herbs.

Praised be You, my Lord, through those who give pardon for Your love, and bear infirmity and tribulation.
Blessed are those who endure in peace for by You, Most High, they shall be crowned.

Praised be You, my Lord, through our Sister Bodily Death, from whom no living man can escape.
Woe to those who die in mortal sin.
Blessed are those whom death will find in Your most holy will, for the second death shall do them no harm.

Praise and bless my Lord, and give Him thanks, and serve Him with great humility.

Amen.

~Canticle of the Sun by St. Francis of Assisi

Islam

Every-so-where you turn is the Face of Allah.

~Qur'an 2:115

Indeed, Allah does not change the condition of a people until they change what is within themselves.

~Qur'an 13:11

This groggy time we live, this is what it is like:
A man goes to sleep in the town where he has always lived, and he dreams he is living in another town.
He believes the reality of the dream town.

The world is that kind of sleep. The dust of many crumbled cities settles over us like a forgetful doze, but we are older than those cities.

We began as a mineral. We emerged into plant life and into the animal state. Then into being human and always we have forgotten our former states, except in early spring when we almost remember being green again.

Humankind is being led along an evolving course, through this migration of intelligences, and though we seem to be sleeping, there is an inner wakefulness that directs the dream. It will eventually startle us back to the truth of who we are.

~Jellaludin Rumi

Truth

The holiest of holy books is the book of nature.

~Hazrat Inayat Khan

Nothing in the world is more valuable than every moment of your life. Every moment of life is a precious moment.

~Hazrat Inayat Khan